

Taking Care: Mindfully Going Back to School

The Coronavirus has created a new and unusual environment for us all! Times of crisis always seem to bring out the best in us all. We hope you find the information here useful and please be sure to let us know if there is something you have found that you think we should share here. Take care and stay well!

[Online Discussions by ACMH »](#)



'Stay Home, Stay Mindful' website A website offering free meditation and mindfulness content for Michiganders launched by Governor Whitmer in partnership with Headspace . The website will offer free mental health resources during COVID-19 pandemic including evidence-based guided meditations, along with at-home workouts that guide people through mindful exercises, sleep and kids content to help address rising stress and anxiety.

[Stay home, stay Mindful »](#)

[COVID-19 & Back to School?](#)

Families around the world are wondering, what comes next? National PTA spoke with Amalia Chamorro, Associate Director of Education Policy at UNIDOS US to learn more about COVID-19's impact on our children and its potential impact on the back-to-school season. She reflects on the drastic changes families have faced these last few months and how schools and families will continue to have to adapt moving forward.



Ten ways employers can support working parents during the pandemic:

- ◇ Promote open communication and frequent check-ins
- ◇ Allow for flexible schedules
- ◇ Make time to socialize
- ◇ Help employees connect to resources
- ◇ Encourage time off

[Read More Here »](#)



Dealing with disappointment during Coronavirus cancellations, postponements.

[Read More Here »](#)

Add your phone to the COVID fight:
<https://www.vdh.virginia.gov/covidwise/>